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*Kids Against Tobacco*

Youth knowledge fueled by SWAT teen mentoring



TOBACCO REALITY UNFILTERED

**TOBACCO  
FREE  
FOR LIFE**

A program of the Partnership for Health

# Short Term Consequences of Tobacco Use

- Bad breath/zoo breath
- Yellow teeth and fingers
- Less money to spend
- Clothes stink
- Difficult to run and short of breath
- Burn holes and chew
- Stains
- Coughing/hacking phlegm
- Ashes & butts everywhere
- Tooth abrasion



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# Long Term Consequences of Tobacco Use/Abuse

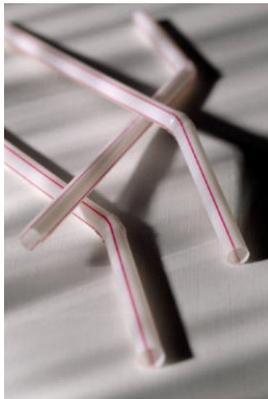
- Cancer
  - Oropharynx
  - Larynx
  - Esophagus
  - Lung
  - Leukemia
  - Stomach
  - Liver
  - Pancreas
  - Kidney
  - Bladder
  - Colorectal
- Heart Disease
- Diabetes
- Respiratory Diseases
- Blindness/Cataracts
- Stroke
- Birth Defects from maternal smoking
- Overall Bad Health

# Let's Play!!

Roll the dice ...



**HAVE SOME  
FUN!**



Put the straw in your  
mouth...roll one more  
time, and...

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# Straw Activity

How difficult was it to breathe?

Smokers lose their ability to hold enough oxygen and have difficulty breathing, especially during exercise.

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# Inside Your Body

Smoker's lungs



Non-smoker's lungs

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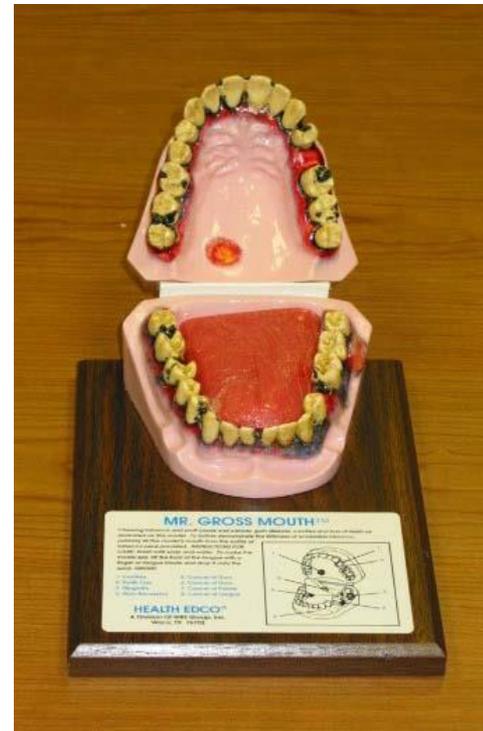


# Chewing Tobacco

Also known as “Dip,” “Snuff,” “Chew,”  
“Spit”

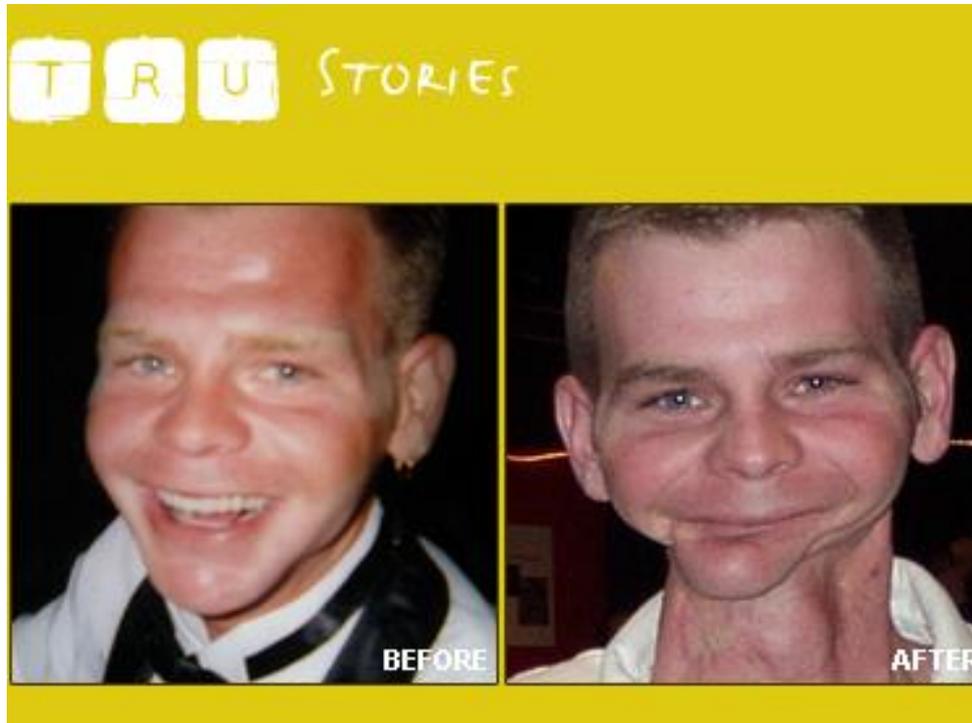
## Mr. Gross Mouth

- Decay
- Gum Disease
- Oral Cancer



# The Real Deal

## Gruen VonBehrens



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# How much does tobacco cost?

**1 pack of cigarettes or 1 can of chew = \$4**

How much per week?

**(\$4 per pack/can x 7 days = \$28 per wk)**

How much per month?

**(\$28 per wk x 4 wks = \$112 per month)**

How much per year?

**(\$28 per wk x 52 weeks = \$1,456 per yr)**

**\$ per day x 365 days x 50 years =**

**\$73,000**

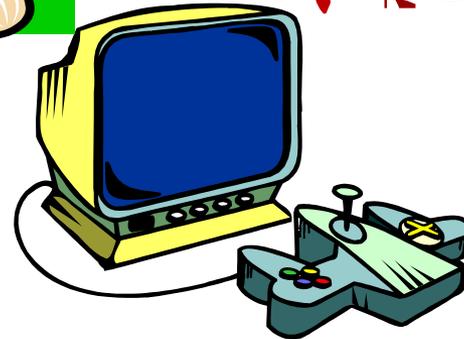
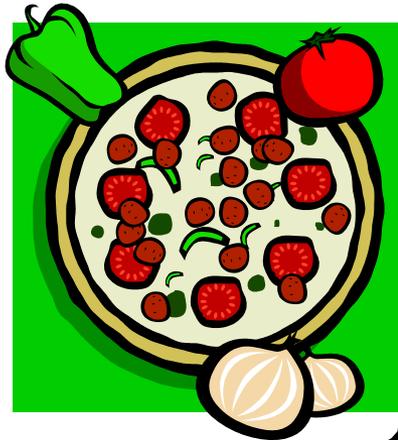
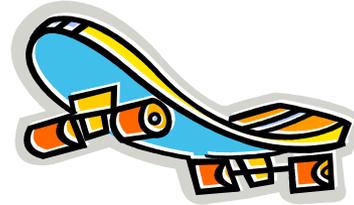
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# Other ways to spend money



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Henderson County  
Partnership for Health,  
Inc.

# They put **WHAT** in there???

More than **5,000 chemicals** are in cigarette smoke.

**More than 40** of those ingredients are known to **cause cancer**.

Some are:

- **Nicotine** – used as a pesticide
- **Polonium 210** – nuclear waste
- **Cadium** – used in car batteries
- **Lead** – a nerve poison
- **Uranium 235** – found in nuclear weapons
- **Formaldehyde** – in embalming fluid
- **Arsenic** – rat poison
- **Cyanide** – poison
- **Acetone** – found in nail polish remover
- **Ammonia** – used in cleaning products

AND....fertilizer, dead bugs, manure, pesticides and dirt!

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# WHY Do They Put That In There??

*...I thought tobacco was natural.*

To turn experimenters into ADDICTS!

- Symptoms of dependence begin soon after the 1<sup>st</sup> “puff”!!!!
- 4 full fledged attempts!!!

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# Tobacco and Advertising

Some questions to think about:

- Do advertisements show the reality/truth?
- Who do advertisements try to attract?
- What do advertisements suggest about people who use this brand of tobacco?

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# How do we make good decisions?

## 3 Easy Steps

- **Step 1:** Pro's
- **Step 2:** Cons
- **Step 3:** What will give me the best outcome?

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# People care

Did you know that all property owned by Henderson County Public Schools is 100% tobacco free?

- **EVERYBODY**
- **EVERYWHERE** on school property

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# Thank You!

## Questions????